



Fall 2008

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# Italian Dishes



# Chicken Parmigiana

Taste of Home



2008



From the Kitchen of Donna Bertram

Serves 4

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- 1-1/2 cups marinara sauce
  - 4 boneless chicken breasts
  - 2/3 cup mozzarella cheese
  - 1 Tbsp Parmesan cheese
  - 1/4 cup bread crumbs
  - 2 Tbsp olive oil
- Heat oven to 350 degrees. Spray pan with non-stick spray. Pour sauce evenly over bottom of pan. Place chicken breasts over sauce.
- In a bowl, combine Parmesan, mozzarella cheese, and olive oil. Mix well. Sprinkle evenly over chicken. Bake at 350 degrees for around 45 minutes or until chicken is fork tender and done.

# Spider Pasta

Taste of Home



2008



From the Kitchen of Brenda Graves-Byrd

Serves 10-12

- 3 ripe tomatoes,  
chopped
- 1/2 cup olive oil
- 3 cloves garlic,  
pressed
- 2 tsp salt
- 1 cup fresh basil,  
julienned
- 1 lb angel hair pasta,  
cooked

Mix together garlic and salt, mashing to bring out the full garlic flavor. Leftover roasted garlic works great for this as well. Mix garlic mixture with tomatoes and oil. Stir in julienned basil and hot pasta. Gently toss and put in the refrigerator up to 24 hours. The hot pasta will absorb the dressing. This gets better the longer it is in the refrigerator.

# Pasta e Fagioli

Taste of Home



2008



From the Kitchen of Marie Rossbach

Serves 3-4

- 1 (16 oz) can Italian-style crushed or whole Italian-style tomatoes (finely chopped)
- 1 (19 oz) can kidney or cannelloni beans, rinsed and drained
- 1 cup frozen mixed vegetables
- 3 cups cooked pasta or 3/4 cup dried pasta (your choice, but small shells are good)
- 3 cups water

Place all ingredients in a medium size saucepan. Simmer for 10 minutes, if using cooked pasta, or until dry pasta is fully cooked. Add enough water during cooking just to cover the pasta.

Suggest serving with slices of Italian or French bread and a salad.

# Cavatine

Taste of Home



2008



From the Kitchen of Debbie Hughes

Serves 8-10

- 1 lb Italian sausage
- 8 oz pepperoni, sliced in half
- 1 green bell pepper, diced
- 1 medium onion, diced
- 1 - 1/2 lbs variety of pasta (bow ties, shells, wagon wheels, rotini, etc.)
- 1 jar spaghetti sauce
- 4 cups mozzarella cheese

Preheat oven to 350 degrees. Cook pasta according to package directions. Brown Italian sausage. While the pasta and sausage are cooking, dice the bell pepper, onion, and slice the pepperoni in half. Drain the pasta and sausage (if necessary).

Mix all ingredients together except the cheese. Mix in about 1 cup of the mozzarella cheese, place all ingredients in a cake pan, and then cover with the remaining mozzarella cheese. Bake at 350 degrees for 30 minutes or until hot and bubbly and the cheese is melted.

# Baked Ziti

Taste of Home



2008



From the Kitchen of Lynn Slinger

Serves 12

- 1-1/2 lb dry ziti
- 1 onion, chopped
- 1-1/2 lb ground beef or Italian sausage
- 2 jars spaghetti sauce
- 9 oz provolone cheese
- 2-1/4 cup sour cream
- 9 oz mozzarella cheese
- 3 Tbsp grated Parmesan

Cook ziti, drain, and set aside.

Brown the meat and onion together; add spaghetti sauce and simmer. Preheat oven to 350 degrees.

In a buttered 9"x13" pan, layer in this order: 1/2 the ziti, provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese, and remaining sauce. Top with grated Parmesan cheese. Bake at 350 degrees for 30 minutes.

# Pasta in a Pot

Taste of Home



2008



From the Kitchen of Cindy Sinn

Serves 10

- 2 lbs ground beef
- vegetable oil
- 2 medium chopped onions
- 1 crushed garlic clove
- 1 (14 oz) jar spaghetti sauce
- 1 (14.5 oz) can stewed tomatoes
- 1 (3 oz) can sliced mushrooms
- 8 oz shell macaroni
- 1-1/2 pints sour cream
- 1-1/2 lb package slice provolone

Brown ground beef and drain. Add onion, spaghetti sauce, tomatoes, and undrained mushrooms. Mix well and simmer until onions are soft.

Boil macaroni shells. Pour 1/2 the cooked shells into a deep casserole dish. Cover with 1/2 the meat sauce. Spread 1/2 the sour cream over sauce and top with slices of provolone. Repeat the layers, ending with slices of provolone.

Cover and bake at 350 degrees for 35-40 minutes. Uncover and bake until cheese is browned. Let stand at least 10 minutes before serving.

# Chicken Italiano

Taste of Home



2008



From the Kitchen of Sal & Marilyn Martorano

Serves 4

- 1/2 cup freshly grated Parmesan cheese
- 2 Tbsp fresh parsley, minced
- 1 tsp dried oregano
- 1 clove garlic
- 1/2 tsp black pepper
- 4 boneless skinless chicken breasts
- 3 Tbsp butter, melted

Combine Parmesan, parsley, oregano, garlic, and pepper. Dip chicken in melted butter, then in Parmesan cheese mixture. Place in shallow baking dish. Drizzle remaining butter over chicken. Bake at 375 degrees for 25 minutes or until tender.



# Fall 2008

UNC Dining Services is proud to provide this recipe book as a thank you to everyone who participated in the 2008 Taste of Home event. With the assistance of parents like you, we are able to look into your recipe box and see what your students enjoy while dining at home. This information gives us the opportunity to analyze our menus and keep in touch with the ever changing dining habits of our students.

Thank you to the following Dining Services staff involved with Taste of Home this year:



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